

# YOUTH BOXING



## Frequently Asked Questions

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[www.cappysgym.com](http://www.cappysgym.com)

### How will Cappy's Boxing Gym help my kid?

At Cappy's Boxing Gym we not only help people get in shape, but we help them Shape The Life You Want. When we work with adults, this process largely consists of helping them undo habits of misaligned posture and negative self-image. It's much easier with the youth, because they have fewer habits built up, and we can help them develop habits of aligned, strong posture and positive self-image that will last them a lifetime.

### Will my child get hurt?

We believe in safety and skill first. This is also the motto of USA Boxing, our nation's Amateur Boxing Association that trains our Olympic athletes. Cappy's Boxing Gym is committed to helping your child develop at her/his own fitness level, and she/he will not be asked to complete any drills that are not within her/his abilities.

### What kind of changes might my child go through while he/she is involved in this program?

Your child will get stronger, physically. You can expect that he/she will lose body fat and gain more lean muscle mass, and that his/her confidence and self-image will increase. Also, it is our goal to help your child increase his/her ability to focus and become more aware of being present instead of checked-out.

### What is the Everyday Fitness Program? My child came home saying he needed to practice Standing and Sitting.

At Cappy's Boxing Gym, we not only strive to develop boxers who enter and win in the competitive ring to become our future Olympic athletes, but we strive to help boxers develop strong, positive lives outside of the ring. Not only will your child become stronger in the gym, but she/he will learn to increasingly see all of life as an opportunity to strengthen his/her own core of confidence.

### How can I help my kid get the most out of your program?

Take a few moments after each practice to ask your kid what he/she liked or learned that day. Make an effort to listen without comment, so you will get a chance to learn more about who your kid is becoming. Also, when your child brings home an Everyday Fitness homework assignment, take the time to do it with her/him. Your life will improve in the process. And, remember, Cappy's Boxing Gym is here for you, too. You can take a Boxing Fitness Class to start getting back in shape and decrease the stress in your life, or you can sign up for the Everyday Fitness Program and start turning your life around. If you are a member of the gym your kid gets to join for half price.

## Cappy's Boxing Gym New and Improved

**Youth Boxing Program • Girls and Boys ages 8-17**

**We help youth shape their future - Help your child develop a sense of who he/she is by enrolling now.**

Our program offers youth the opportunity to learn the value of:

**Discipline • Mental focus • Emotional Management • Getting in Shape • Acquiring Skill**

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**Every child starts off as a Beginning Boxer  
Progresses to a Fitness Boxer  
has the potential to be a Recreational Boxer  
and if she/he has Olympic dreams, can be a Competitive Boxer**  
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Call now for more information  
**(206) 322 -6410**